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Housekeepers' Chats.

Tuesday, October 9, 1928.

NOT FOR PUBLICATION

Subject: Wash Day Gossip. Approved by Bureau of Home Economics, U.S.D. A.

Bulletins available: Aunt Sammy's Radio Record; Aunt Sammy's Radio Recipes; Methods and Equipment for Home Laundering.

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Last night I called on my Next-Door Neighbor, and what do you suppose I found, above her kitchen sink? A motto, in a blue frame.

"Pretty good reminder, isn't it," said my friend, "for a procrastinating, inefficient, person like me." Then she read aloud this quotation from Victor Hugo:

"He who, every morning, plans the transactions of the day, and follows out that plan, carries a thread that will guide him through the labyrinth of the most busy life. The orderly arrangement of his time is like a ray of light which darts itself through all his occupations. But where no plan is laid, where the disposal of time is surrendered merely to the chance of incidents, all things lie huddled together in one chaos, which admits of neither distribution nor review."

My neighbor finished reading, and turned to me. "Whenever I want to put off till tomorrow, what I ought to do today," said she, "I read my motto. You've no idea what a help it is. For instance, I've been intending for at least three weeks to pack my summer clothes. But I just couldn't get to it. That is, I couldn't till I found my motto. It has worked like magic. Shall I tell you what I planned to do today, and what I did? Got out all my summer dresses, including the blue crepe and the flowered georgette. I can't wear them any more till next spring, and I didn't want to put them away soiled, because dirt and perspiration are likely to rot dress fabrics. I washed my dresses in a neutral soapsuds, lukewarm. I didn't rub the silk dress -- just squeezed the soapsuds through it.

"I rinsed the dresses thoroughly, and dried them, and now they're all ready to put away. I like to pack things away without ironing, because it saves work, and also because the garments take up less space, and do not need such careful folding. If they are to be worn after washing, I press them with an iron that is not too hot. Silks look prettier if ironed on the wrong side." "You see," concluded my friend, "what a lot of work I can do, when I put my mind to it -- and have a good motto,"

R-H.C. 10/9/28

I complimented my neighbor on her industry. I don't want you to think she is really inefficient. She doesn't plan her work very well, I'll admit, but she gets a lot done in her 12-hour day.

I got up early this morning, so I could get the washing on the line before I left home. Since this was wash day, I decided to be consistent and answer wash day questions.

First question: "Will you kindly tell me how to wash silk and rayon garments, so they will not split?"

Answer: Good quality silk is a durable material, but it cannot be handled like ordinary cotton. For silk garments, use only lukewarm water, for both washing and rinsing. Make a good suds of a neutral soap, and wash with as little rubbing as possible. Be careful that the silk does not come in contact with washing powders which bleach, because these washing powders may rot the material. Ordinary bleaching powder, which is sodium hypo-chlorite, is especially destructive to silk materials.

Rayon fabrics should also be washed carefully. The greatest difficulty with rayon is that the fiber is weaker, when the material is wet, and any sudden strain will tear the material. However, the rayon on the market now, gives better service than the rayon first put on the market. Wash it as you do silk. Do not rub the rayon. Wash and rinse it as rapidly as possible.

The next question is one which may interest all of you: "Dear Aunt Sammy: I wish you would tell me whether it is always necessary to boil clothes, and please tell me the correct way to rinse them."

Clothes may be boiled, if you want to disinfect them thoroughly, but boiling is not necessary. Under good conditions of washing, and rinsing, and drying, the boiling process may be omitted. Let's not add any unnecessary work, on wash day. If you do boil your clothes, wring them from the wash water, place them in fresh, hot, soapy water, and boil for five or ten minutes. If you boil them longer, they may turn yellow. When you lift the clothes from the boiler, let them drain as much as possible.

Now about the rinsing. Clothes should be rinsed in plenty of hot, clear, soft water. Never put bluing in the first rinse water. All soap and washing powders should be removed from the clothes, before they are put into the bluing water. It is important that clothes be well rinsed, because soap and washing powders will weaken and yellow them, if allowed to remain on them indefinitely.

The other day a radio friend wrote for information about choosing a washing machine. Since that is too long a subject to discuss by radio, I am sending this listener a copy of a bulletin published by the Bureau of Home Economics. The bulletin is called "Methods and Equipment for Home Laundering." It gives excellent suggestions for equipping a home laundry, and doing a family washing and ironing. It tells how to wash curtains, and sweaters, and pillows, too.

Instead of giving one of my own recipes today, I'll tell you two suggestions sent in by listeners. Do you sometimes wonder what to serve with soups,

salads, hot or cold drinks? Here's a homemaker who says she serves Cheese Wafers. Sprinkle the crackers with grated cheese, salt, and paprika. Heat in a moderate oven, until a light brown color.

The next letter is from a mother who describes her method of making fancy cakes for children's parties. "Use your favorite cake recipe," she writes, "and cover the cake with white icing. Buy a bag of gumdrops -- pink, yellow, and green ones. Cut the gumdrops into slices, with the scissors. Shape the pink ones into petals of wild roses, with yellow centers and green leaves and stems. Make the stems by cutting narrow strips round and round a green gumdrop. I have made any number of these cakes, and I find that the dainty decoration never fails to appeal to children."

Thank you for your suggestions. I like them both. I went to a birthday party the other day given for a little boy and his grandfather. It happens that both birthday anniversaries come in the same week, so one celebration sufficed for both. The white cake had "Happy Birthday" written on it, in pink frosting, and in the center of the cake were two candles, a big pink one for Grandfather, and a tiny pink one for Bobby.

Tomorrow-- that's ironing day -- we'll have a meal which can be easily prepared -- baked in the oven, preferably, while we use the top of the stove for the irons.

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